

Vim li cas koj yuav tau mus ntsib Tus Kws Kho Kaus Hniav?

- Txhua tus menuam tsim nyog muaj ib lub neej noj qab haus huv thaum pib!
- Txoj kev mus kuaj kaus hniav yog ib yam uas tseem ceeb heev ntawm txoj kev noj qab haus huv!
- Cov teeb meem ntawm cov kaus hniav yeej pib tau thaum ntxov - ntxov npaum li thaum thawj tug kaus hniav pib tshwm. Nws yooj yim los tiv thaiv kab mob ntawm cov kaus hniav dua yuav los kho cov teeb meem!
- 1 ntawm 4 tug menuam uas tseem kawm ntawm qib qis muaj kaus hniav lwj!



Kuv Tus Kws Kho
Kaus Hniav Lub Npe: _____

Kuv Tus Kws Kho Kaus
Hniav Tus Xovtooj #: _____

Kuv Tus Kws Kho Kaus
Hniav Qhov Chaw Nyob: _____

Yog tias koj xav tau kev PaB los
nrhiav iB tug kws kho kaus hniav
uas kam txais Denti-cal, hu rau
Denti-cal Tus xovtooj Rau Cov Neeg
Txais Cov Kev PaB ntawm:

1-800-322-6384

Yog tias koj nyob hauv LUB
cheeB Nroog Los Angeles lossis
Sacramento thiaB koj muaj teeB
meem nrog koj qhov kev npaj PaB
them nqi kho kaus hniav thov hu,
The Department of Managed Health
care (LUB Tuam Tsev Haujlwm
SaiB xyuas cov Kev Kho MoB uas
Raug Tswj xyuas) ntawm:
1-888-466-2219

Yog tias koj nyob hauv LUB
cheeB Nroog Los Angeles lossis
Sacramento thiaB koj tsis PaB tias
koj nyob qhov kev npaj PaB them
nqi kho kaus hniav twg lossis xav
hloov koj qhov kev npaj PaB them
nqi kho kaus hniav thov hu rau
Health care options ntawm:

1-800-430-4263



**Txoj Kev Noj Qab
Haus Huv Ntawm
Cov Kaus Hniav
PiB Nrog Koj Tus menuam
Thawj Tug Kaus Hniav**

KUV TUS Menyuam Yuav Tau Mus Ntsib
Tus Kws Kho Kaus Hniav Thaum Twg?

HnuB nyoog 0-1 xyoos

Thaum twg?

Koj yuav tau teem caij rau koj tus Menyuam thawj lub sijhawm mus kuaj hniav thaum nws thawj tug kaus hniav pib tshwm lossis thaum txog nws thawj lub hnub nyoog, nyob ntawm seb qhov twg tshwm sim ua ntej. Saib nraum qab ntawm daim ntawf faj tawm ntawm no kom txais tau kev pab los nrhiav ib tug kws kuo kaus hniav hauv koj qhov kev npaj pab them nqi kuo kaus hniav.



Vim Li Cas?

Cov kab pib noj tau kaus hniav thaum thawj tug kaus hniav pib tshwm, li ntawd nws tseem ceeb kom koj tus menyuam mus rau nws thawj lub sijhawm teem kuaj kaus hniav sai li sai tau. Thaum neb mus rau thawj lub sijhawm teem mus ntsib nug seb koj yuav txhuam koj tus menyuam cov kaus hniav li cas, thiab tham nrog koj tus kws kuo mob txog cov tshuaj pleev kom kaus hniav khov thiab koj yuav ua li cas kom koj tiv thaiv tau cov kab noj kaus hniav.

HnuB nyoog 2+ xyoos

Thaum twg?

Txhua rau lub hlis, lossis raws li koj tus menyuam tus kws kuo kaus hniav pom zoo.

Vim Li Cas?

Txog lub sijhawm cov menyuam nyob qib kindergarten, 50% twb muaj teeb meem nrog kaus hniav lawm. Cov kev niaj zaus mus kuaj kaus hniav yuav pab txhom thaum kab pib noj kaus hniav thiab pab nres kom kab tsis txhob noj kaus hniav tshiab.



COV Niam Txiv Yuav Pab Tau Li Cas?

HnuB nyoog 0-1 xyoos

Koj Yuav Pab Tau Li Cas?

Yog tias koj muab mis rau koj tus mosliab noj thaum hmo ntuj, muab dej hauv lub raj mis xwb - tsis txhob muab mis, mis tov, kua txiv hmab txiv ntoo, lossis tej yan dej haus qab zib. Maj mam so koj tus mosliab cov pos hniav nrog ib txoj phuan ntxuav muag txog txij thawj tug kaus hniav pib tshwm - ces hloov mus siv ib tug pas txhuam hniav uas mos mos.

HnuB nyoog 1-2 xyoos

Koj Yuav Pab Tau Li Cas?

Txhuam koj tus mosliab cov kaus hniav thaum sawv ntxov thiab ua ntej lawv yuav mus pw nrog ib teev tshuaj txhuam hniav uas muaj cov tshuaj pab kom kaus hniav khov. Saib kom zoo seb koj puas pom tej yan uas qhia tias kab yuav pib noj (xim dawb-kasfes ntawm cov kaus hniav lossis ntawm cov pos hniav). Nug kom koj tus kws kuo mob pleev cov tshuaj kom kaus hniav khov rau koj tus menyuam cov kaus hniav thaum koj mus kuaj mob rau tus menyuam kom noj qab nyob zoo. Tamsim no koj tus menyuam yuav tsum pib haus dej ntawm lub khob, tsis txhob siv lub raj mis lawm. Koj tsuas muab mis lossis kua txiv hmab txiv ntoo thaum noj mov nkaus xwb ces muab dej rau nws lwm cov sijhawm hauv nruab nrab.

HnuB nyoog 3-4 xyoos

Koj Yuav Pab Tau Li Cas?

Ib sij txhuam txhuam koj tus menyuam cov kaus hniav txhua sawv ntxov thiab ua ntej lawv yuav mus pw nrog ib teev tshuaj txhuam hniav uas muaj cov tshuaj pab kom kaus hniav khov loj li lub noob taum mog. Cov menyuam yaus uas yau 7-8 xyoo tsis tau paub txhuam kom zoo yog tias lawv tsis tau koj txoj kev pab, tiamsis cia rau lawv xyauv tom qab koj txhuam rau nws tag. Tswj cov dej qab zib (dej qab zib soda, cov mis uas muab tov kom qab txawv thiab cov kua txiv hmab txiv ntoo) thiab cov khoom noj uas qab zib txhua hnub.

Txhua lub hnuB nyoog

Koj Yuav Pab Tau Li Cas?

Koj, uas yog nws niam nws txiv yuav pab tau los tiv thaiv nws ntawm cov kab noj kaus hniav. Nug kom koj tus kws kuo mob pleev cov tshuaj kom kaus hniav khov rau koj tus menyuam cov kaus hniav thaum koj mus kuaj mob rau tus menyuam kom noj qab nyob zoo. Tsis txhob siv lwm tus neeg tus pas txhuam hniav. Tsis txhob ntshai los nug lus. Koj tus kws kuo mob thiab tus kws kuo kaus hniav nyob ntawd los pab koj.

Cov tswv yim ntau zog uas yuav Pab tau koj

Xaiv cov khoom noj ua si uas noj qab haus huv zog. Tsis txhob muab cov khoom noj ua si uas qaub qaub (muaj cov kua qaub, uas yuav yaig tus kaus hniav), nplaum nplaum lossis yuav tau zom ntev (cov ntawd yuav tso piam thaj nyob rau ntawm cov kaus hniav rau ib lub sijhawm ntev).

Xaum ua tej yan zoo thaum ntxov. Thaum tus menyuam tseem ntxais ntiv tes thiab noj lub txiv mis tom qab nws muaj ob xyoos qhov ntawd yuav ua rau nws cov kaus hniav tsis muaj chaw txaus thaum kaus hniav tshwm, kaus hniav tuaj tsis ncaj lossis lub qhov ncauj kaw tsis haum.

Pab tus menyuam uas tseem me txhuam hniav thaum hmo ntuj. Lub sijhawm no tseem ceeb tshaj plaws los txhuam hniav vim tias lawv cov kaus hniav muaj feem siab zog los raug kab noj thiab khub hniav.

Txoj kev zoo tshaj plaws los qhia ib tug menyuam tias nws tseem ceeb heev los tu xyas lub qhov ncauj yog los ua ib tug quav zoo. Siv cov hlua daws tej yan daig kaus hniav ib zaug ib hnub.